

# SILVER STREAK

A NEWSLETTER OF PROGRAMS, ACTIVITIES AND COMMUNITY SERVICES

June · July · August

Registration Dates:  
MAY 15 (R)  
MAY 16 (NR)

seniors@danville.ca.gov | www.danville.ca.gov/seniors | (925) 314-3430



Danville Senior Center  
115 E. Prospect Ave

Danville Community Center  
420 Front Street

Hap Magee Ranch Park  
1025 La Gonda Way

Oak Hill Park  
Community Center  
3005 Stone Valley Road

Town Meeting Hall  
201 Front Street

Village Theatre  
& Art Gallery  
233 Front Street

## Danville Seniors — Have Talent!

The Danville Senior Center is hosting its first ever Variety Show. The Variety Show will take place on Sunday, June 3 from 1:00 pm – 3:00 pm at the Village Theatre & Art Gallery. For an afternoon of entertainment and fun, purchase a ticket at [www.villagetheatreshows.com](http://www.villagetheatreshows.com).



## Have you heard of the YANA program?

YANA stands for You Are Not Alone. If you live alone and would appreciate an occasional check on your well-being, you can sign up for the YANA program and our Danville Police Department Volunteers will pay you a visit. You Are Not Alone is designed to provide a level of community and comfort to residents, and allow our Volunteers in Police Services (VIPS) to provide referrals for special services and programs for residents in need. To learn more about YANA or to sign up, please contact Lauren Brown at (925) 314-3715 or [lbrown@danville.ca.gov](mailto:lbrown@danville.ca.gov).

## Senior Issues Subcommittee

...mark your calendar!

Do you have an idea for a new activity or an improved procedure for Senior Services? Attend the scheduled meetings to be heard by the decision makers.

NEXT MEETING: JULY 25, 2018

TIME: 4:00 P.M.

LOCATION: DANVILLE SENIOR CENTER, MEETING ROOM

## Silver Streak Distribution

The Silver Streak Newsletter program schedule will be as follows: December/January/February, followed by March/April/May, June/July/August, and September/October/November.

The Town of Danville will continue mailing the quarterly Silver Streak Newsletter to Danville residents within the Town boundaries. Non-residents are encouraged to view or download the Silver Streak online at [www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors) or view a copy at any Town Office location.

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## ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. Bus will be provided unless otherwise noted. Please let us know if you have any physical limitations prior to signing up for a trip so staff can try to accommodate your needs ahead of time. All trips depart from Diablo Vista Park. Choose your level carefully:

**LEVEL 1:** Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.

**LEVEL 2:** Small amount of walking

**LEVEL 3:** Moderate to heavy walking

**LEVEL 4:** Heavy amount of walking/standing

**LEVEL 5:** Strenuous walking/hiking

**If you aren't sure where you fit, call us at (925) 314-3430.**

*Please note: Times listed for trips are approximate.*

## June/July/August Trips

Please Note: Cancellation policy regarding trips. Any cancellations on trips must be made 10 business days prior to the trip unless tickets have been purchased. Some trips may not be refundable. Transportation included unless otherwise noted.

### Eugene O'Neill National Historic Site & Tao House

**Friday, June 29, 2018, 9:45am – 12:00pm**

Take a docent-led tour of the Eugene O'Neill National Historic Site and learn about Eugene O'Neill, his family, and the people who lived in, worked at, and visited Tao House. Explore in the museum and enjoy the archives of the site. In addition to Tao House, there are a number of other features that are preserved from Eugene O'Neill's home. Directly adjacent to the home is the courtyard area, with planted gardens, historic pathways, and black walnut and almond orchards. Outside the courtyard there are historic walking paths, one of which leads to the swimming pool. Across from the house is the 19th century barn, which is the only structure remaining from the original owners. Drive on your own. Fees: (Free) A \$2.00 suggested donation on trip day to the Eugene O'Neill National Park.

### Explore Monterey Bay & the Aquarium

**Tuesday, July 31, 2018, 7:30am – 6:30pm**

Enjoy a full day in Monterey! This trip includes a ticket to the Monterey Bay Aquarium and transportation. Drop off and pick up will be at the aquarium. You are welcome to enjoy the aquarium on your own time, explore Cannery Row, lunch at your favorite eatery or discover a new one, and browse the quaint

shops in town. Enjoy a beautiful day in Monterey; please be back to the bus for a 4:30 p.m. departure! Activity Level: 3. Fees: \$89(R) \$106(N)

### Les Misérables: Orpheum Theater -San Francisco

**Wed, August 15, 2018, 12:30pm - 6:00pm**

Les Misérables is a French historical novel by Victor Hugo, first published in 1862, that is considered one of the greatest novels of the 19th century. Beginning in 1815 and culminating in the 1832 June rebellion in Paris, the novel follows the lives and interactions of several characters, particularly the struggles of ex-convict Jean Valjean and his experience of redemption. Set against the backdrop of 19th-century France, Les Misérables tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption—a timeless testament to the survival of the human spirit. Only 25 seats available! Activity Level 1. Fees: \$140(R) \$168(N)

### Potomac Cruise- Bridges of the Bay

**Thursday, August 16, 2018, 9:00am – 3:00pm**

Hear the fascinating stories of the Bay Area's three most famous bridges, Bay Bridge, Richmond Bridge and the Golden Gate, and learn about their history and construction all while aboard President Franklin Delano Roosevelt's yacht, the historic USS Potomac. Lunch is included on board. Only 25 seats available! If the history of the USS Potomac interests you, please see our Buzz session on the Potomac! Activity Level 3 (limited indoor seating and steep ladders). Fees: \$120(R) \$144(N)

### Phantom of the Opera : Orpheum Theater - San Francisco (open for early registration)

**Wed., September 26, 2018, 12:30pm - 6:00pm**

Based on the hit musical by Andrew Lloyd Webber, the tale tells the story of a disfigured musical genius who haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants. When he falls fatally in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera—exerting a strange sense of control over the young soprano as he nurtures her extraordinary talents. Only 25 seats available! Activity Level 1. Fees: \$140(R) \$168(N)

### Land of Medicine Buddha: Hike & Lunch in Soquel

**Mon. June 11, 2018, 9:00am – 5:30pm**

Land of Medicine Buddha is an environmentally conscious meditation and retreat center. The Land of Medicine is located on 108 acres of coastal foothills and stands adjacent to 10,000 acres of redwood



forest preserved by the State of California. Enjoy a peaceful day with a walk along the 8 Verse trail. Your hike will be about an hour with stops at each contemplation area. Stop at each verse as you go, and spend a little time in the temple. After your walk, enjoy a hosted lunch followed by a tour of the Gompa (Meditation Hall) and a short guided meditation. This trip is limited to 11 participants. Activity Level 3-4. Fees: \$60(R) \$72(N)

### **Kayak Trip - Sausalito**

**Friday, July 20, 2018, 7:45am – 3:30pm**

Enjoy this unique experience with a guided leisurely tour of Richardson's Bay. You'll be greeted by a Sea Trek staff who will assist you in preparation for your paddle. You will begin with a thorough safety orientation and instruction session, then launch for a leisurely exploration of Richardson's Bay. The Sausalito shoreline is home to exotic houseboats, historic ships, abundant marine life and many different species of birds. This is a magnificent way to experience the bay and we look forward to sharing it with you! Picnic lunch will be provided. This trip is limited to 13 participants. 2-person kayaks and guide are included. Activity Level 3-4. Must be able to get in/out of a kayak on your own. Fees: \$125(R) \$150(N)

### **BUZZ SESSIONS**



What's the Buzz on topics and issues facing today's older adults? Join us to talk to the experts. Sessions are free! Please contact Senior Services at (925) 314-3430 or seniors@danville.ca.gov if you have any suggestions or would like to offer a buzz session!

### **Overview and Benefits of Assisted Living**

**Tuesday, June 5, 2018, 10:00am – 11:00am**

**Presenter: William Grady**

**Location: Danville Senior Center, Meeting Room**

Assisted Living is much more than the name implies. While assisted living does afford its residents assistance with activities of daily living, it also offers a level of independence which is so highly valued. As such, 'Aging in Place' is at the heart of assisted living. Residents can expect to feel right at home in a community which is an extension of one's own living space for relaxing, socializing, dining and even pursuing hobbies. Come explore what assisted living is all about!

### **Estate Planning for Yourself and Those You Love**

**Tuesday, June 12, 2018, 10:00am – 11:00am**

**Presenter: Josh Gotto**

**Location: Danville Senior Center, Meeting Room**

Many people think of estate planning as making a simple will,

but there are several other important pieces that need to be put in place to ensure that last wishes are properly carried out, both before and after passing. Come learn about it in this informative one-hour session with an experienced local attorney.

### **The Senior Lifestyle with Chiropractic**

**Tuesday, June 19, 2018, 10:00am – 11:00am**

**Presenter: Dr. Brandan Tong**

**Location: Danville Senior Center**

The age and experiences gifted to our senior citizens also comes with many health concerns and conditions. Arthritis, mobility, balance, fear of falling and much more are all concerns for most seniors in this day and age. As a chiropractor, I can help you put these concerns to rest. Come learn how to improve quality of life for the experienced individual and the youthful.

### **Take Control of your Driving Privileges and Helpful Hints to Renew your License**

**Tuesday, June 26, 2018, 10:00am – 11:00am**

**Presenter: Rosemary Robles, DMV**

**Location: Danville Senior Center**

As we age, our concerns for safe driving change. This Buzz session will provide information about license renewal options, myths about older drivers, safe driving tips, individual appropriate options, compensating for age-related changes such as how vision changes affect driving. Come and learn how to keep yourself and others safe behind the wheel.

### **Born on the Fourth of July – Film**

**Tuesday, July 3, 2018, 10:00am - 12:30pm**

**Location: Danville Senior Center**

The biography of Ron Kovic, who was paralyzed in the Vietnam War and becomes an anti-war and pro-human rights political activist after feeling betrayed by the country he fought for.

### **Five Wishes Sponsored by Brookdale**

**Tuesday, July 10, 2018, 10:00am – 11:00am**

**Presenter: Michelle Adams | Sponsored by: Brookdale**

**Location: Danville Senior Center**

Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care.

*Buzz Sessions (continued)*

### **How to Save Money on Prescription Drugs: 14 Tips and One Pitfall**

**Tuesday, July 17, 2018, 10:00am – 11:00am**

**Presenter: Diane Whaley - HICAP Medicare Counseling**

**Location: Danville Senior Center**

Are you paying too much for your prescription drugs? Do you have any options? Just about everyone would like to lower their drug costs, and there are some safe ways you can do this. This session will provide a number of practical tips on cutting drug costs, whether or not you have Medicare or other prescription coverage. HICAP counselors are registered with the state and provide free and objective information – no selling.

### **Living the Life of a Service Dog**

**Tuesday, July 24, 2018, 10:00am – 11:00am**

**Presenter: Kathy Waddell**

**Location: Danville Senior Center**

Are you curious about service dogs? Come and learn about the differences between service dogs and therapy dogs. We will cover different models of training, etiquette, types of service dogs and much more about these uniquely trained animals. Kathy Waddell will bring her diabetic alert dog, Crystal, to the presentation!

### **Photography Basics for Seniors on Your iPhone**

**Tuesday, July 31, 2018, 10:00am – 11:00am**

**Presenter: Taylor Maurer**

**Location: Danville Senior Center**

This session covers photography basics on your iPhone. We will talk about how to take photos, edit photos, and send your photos. We will also provide a technology “How To” quick reference guide that you can take with you. I will also introduce you to a few free photography apps. Don't forget to bring your iPhone!

### **The Elusive Thing Called Sleep**

**Tuesday, August 7, 10:00am – 11:00am**

**Presenter: Linda Foddrini-Johnson, MA, MFT, CMC**

**Location: Danville Senior Center**

Changes in sleep patterns are normal as we get older. It's a common misconception, however, that sleep needs decline with age. In fact, studies have shown that our sleep needs remain constant throughout adulthood. So, what's keeping older adults awake? What can be done to combat these issues in order to get a good night's sleep? Join us to find out!

### **History of the USS Potomac**

**Tuesday, August 14, 10:00am – 11:00am**

**Presenter: Potomac Docent, Ray Will**

**Location: Danville Senior Center**

USS Potomac (AG-25), formerly USCGC Electra, was Frank-

lin Delano Roosevelt's presidential yacht from 1936 until his death in 1945. In January 2016, the USS Williamsburg was scrapped, leaving USS Potomac and USS Sequoia as the last two still-existing presidential yachts. On August 3, 1941, she played a decoy role while Roosevelt held a secret conference to develop the Atlantic Charter. She is now preserved in Oakland, California as a National Historic Landmark. If you find this Buzz interesting, you might also enjoy a ride on the USS Potomac. See our trips for more information!

### **New Developments in Combating Age-Related Cognitive Decline, from Dementia to Alzheimer's**

**Tuesday, August 21, 10:00am – 11:00am**

**Presenter: William Shryer, LCSW, DCSW**

**Location: Danville Senior Center**

There have been huge increases in our knowledge of the brain in the past 10 years. We can now see and understand the electrical, chemical and genetic factors like never before. With this knowledge comes process and responsibilities. We can now adjust the brain and improve its function. Join us as we discuss this remarkable technology known as transcranial magnetic stimulation and what it can and cannot do.

### **Aging, Nutrition and Malnutrition**

**Tuesday, August 28, 10:00am – 11:00am**

**Presenter: Caitlin Losi, MA, Amagara Health & Wellness**

**Location: Danville Senior Center**

In this class, you will learn the basics of how nutrition and diet can help you feel your best as you age with grace. Learn about how nutrition and our food choices affect as well as help prevent the physical changes and increased prevalence of diseases associated with normal aging. Malnutrition and lifestyle factors can lead to increased rates of heart disease, cancer, stroke and other preventative diseases. Healthy eating habits can contribute to a reduction in these risks. We will cover some common conditions that affect the aging population and identify how food choices are an influential component of health.

## *Classes*

### TECHNOLOGY CLASSES

#### **Intergenerational Smart Phone & Tablet Help**

**Friday, June 1 and July 6 and August 3**

**4:00pm – 5:00pm**

**Danville Senior Center, Community Hall**

The mission of this program is to connect seniors and youth within our community by volunteering to “dial in” seniors to the world of internet through the use of modern gadgets in a non-stressful,

*Buzz Sessions (continued)*

engaging, friendly setting. Bring your phones, iPads, or other digital devices to get assistance. An adult coordinator will accompany the youth volunteers. Free.

**iPhone Basics**

**Monday, June 4 – June 25, 2:45pm - 3:45pm**

**Tuesday, August 7 – August 28, 2:45pm - 3:45pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Clark Murray**

This course covers iPhone basics for models 5 and later. The course will begin with a discussion about common usage such as voice calls, texting, email, and photos. General iPhone topics such as Control Panel, iCloud, and device connections will also be covered. Finally, we will cover features of Apple apps including Music, Calendar, Weather, and Facetime. \$5(R) \$6(N)



**One-on-One Computer Tutoring**

**Location: Danville Senior Center, Conference Room**

Computer tutoring sessions are for those who need assistance with Apple and/or PC Products. Please call 925-314-3430 to make an appointment. Fees: \$4/per session.

**MAC Users**

**Tuesdays: 2:30 pm and 3:30 pm**

**Volunteer Instructor: Catherine Stately**

Catherine will assist you with questions on MAC products.

**PC /Apple MAC Users**

**Wednesdays: 3:30 pm and 4:15 pm (45 mts.)**

**Volunteer Instructor: Clark Murray**

Clark will assist you with questions on a MAC or PC product.

**ART/MUSIC CLASSES**

**Acrylic Painting**

**Monday, August 13 – August 27, 10:00am - 12:00pm**

**Location: Danville Senior Center, Art Room**

**Instructor: Zina Kassab**

Learn all about painting with acrylics, with emphasis on composition, color mixing and brush work. Participants will also learn all about acrylic techniques and textures. Students will be guided with a step-by-step demonstration; no experience necessary. We will paint a landscape scene from a photo. You can bring your own or use one of the pictures provided. \$8 materials fee. Fees: \$60(R) \$72(N)

**COOKING CLASSES**

**Cooking with James - Summertime Cookouts**

**Thursday, June 21, 2:00pm - 4:00pm**

**Location: Danville Senior**

**Instructor: James Donnelly**

Summer is the time we go camping and do a lot of backyard grilling. This month we will be preparing and tasting meals prepared, cooked and served in foil packets. No mess and easy cleanup. Fees: \$10(R) \$12(N)

**Cooking with James – August Heat and Salads**

**Thursday, August 16, 2:00pm - 4:00pm**

**Location: Danville Senior Center, Community Hall A**

**Instructor: James Donnelly**

Hot August days are an excellent time to cool off with refreshing salads. We will be preparing and serving some of our favorite salads from home and abroad. Most of what we will be preparing in this class will be gluten-free. Fees: \$10(R) \$12(N)

**\*NEW\* Cooking for Two: 2 Persons or 2 Meals**

**Thursday, June 14, 1:00pm – 3:00pm**

**Location: Danville Senior Center, Kitchen**

**Instructor: Nora Frazier**

Come learn how to cook simple, healthy, and delicious meals for two persons or two meals. In this class, we will make a Sirloin and Snow Peas Stir Fry that allows for a chicken substitution. It is made with tomatoes, onions and sesame seeds, optional but recommended for their flavor, great texture and extensive health benefits. The salad is Fresh Beet and Tomatoes with a healthy vinegar and olive dressing. \$15 materials fee due on the day of class. [Norafrazier.wix.com/peruviancuisine](http://Norafrazier.wix.com/peruviancuisine). Fees: \$55(R) \$66(N)



**\*NEW\* Cooking for Two: 2 persons or 2 meals**

**Thursday, July 19, 1:00pm – 3:00pm**

**Location: Danville Senior Center, Kitchen**

**Instructor: Nora Frazier**

Come learn how to cook simple, healthy, and delicious meals for two persons or two meals. A Clear-Broth Hearty Chowder with osobuco or chicken is our main dish for this class. It includes corn, carrots, celery, brussell sprouts, and a russet potato to give it a slight consistency. We will make a Marinated Onion Sauce (red and white) for the veggies, and fresh seasoned radishes. \$15 materials fee due on the day of class. [Norafrazier.wix.com/peruviancuisine](http://Norafrazier.wix.com/peruviancuisine). Fees: \$55(R) \$66(N)

## Classes

Classes (continued)

### **\*NEW\* Cooking for Two: 2 persons or 2 meals**

**Thursday, Aug, 30, 1:00pm – 3:00pm**

**Location: Danville Senior Center, Kitchen**

**Instructor: Nora Frazier**

Come learn how to cook simple, healthy, and delicious meals for two persons or two meals. Juicy Spanish Omelette – Three ways: shrimp, spinach or mushroom. This light delicious treat with many options resembles a juicy egg crepe, with the main ingredient of your choice. A tinge of olive oil to cook and drops of soy sauce to serve, if you wish. Seasoning with grated onion or garlic is optional. \$15 materials fee due on the day of class.

Norafrazier.wix.com/peruviancuisine. Fees: \$55(R) \$66(N)

## DANCE CLASSES

### **\*NEW\* Intro to American Tango**

**Tuesday, July 17, 12:30pm - 1:30pm**

**Location: Danville Senior Center, Community Hall BC**

**Instructor: Kurt Senser**

The American Tango is a dramatic dance that is a little easier to learn than Argentine Tango but just as much fun! This is a one-day class. Fees: \$10(R) \$12(N)

### **\*NEW\* Intro to NC 2-Step**

**Tuesday, June 12, 12:30pm - 1:30pm**

**Location: Town Meeting Hall**

**Instructor: Kurt Senser**

This is a slow dance that is generally danced to contemporary music. It is similar to Rumba patterns and is easy to learn. This is a one-day class. Fees: \$10(R) \$12(N)

## Dancercise

**Wednesday, June 20 – August 29, 10:55am - 11:50am**

**Location: Danville Senior Center, Community Hall**

**Instructor: Reggie Kwan and Bonnie Braga**

A variety of steps will be taught and combined to help people build physical fitness, strong minds and happy hearts. Contemporary line dances will be taught to a variety of music. This class is designed for beginner to intermediate levels. Line dance experience is recommended. No class 7/4. Fees: \$30(R) \$36(N)

### **Line Dance (High Beginner)**

**Thursday, June 21 – August 30, 10:00am - 11:00am,**

**Location: Danville Senior Center, Community Hall**

**Instructor: Minnie Choi and Joyce Lee**

Explore different music from a variety of music genres. Each dance is repeated until everyone is comfortable with the dance.

This class is suitable for dancers with some dance experience. Watch our dances on YouTube Channel [superlinedance.com](http://superlinedance.com).

Fees: \$33(R) \$40(N)

### **Line Dance (Easy Intermediate)**

**Thursday, June 21 - August 30, 11:15am - 12:15pm**

**Location: Danville Senior Center, Community Hall**

**Instructor: Minnie Choi and Joyce Lee**

A fun, healthy, social workout. Current choreographies will be taught to a variety of music genres with both fast and slow dances. Watch our dances on YouTube channel [superlinedance.com](http://superlinedance.com). Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. Fees: \$33(R) \$40(N)

## EXERCISE CLASSES

### **\*NEW\* Arthritis Exercise Program**

**Friday, June 15 – August 31, 10:30am – 11:30am**

**Location: Danville Senior Center, Community Hall C**

**Instructor: Sylvia Rodriguez**

Extend your life! The Arthritis Foundation Exercise Program has been proven to be both safe and effective in helping people take control of their arthritis and improve overall quality of life. Decrease joint pain and stiffness; increase range of motion (ROM), flexibility and energy levels, and improve joint functionality, muscle tone, ability to perform daily activities, and overall health status. Exercises may be done seated or standing and include optional floor exercises. This is a light fitness exercise program and suitable for anyBODY; arthritis condition not required. Bring a mat. No class on 6/8. Fees: \$132(R) \$158(N)

### **Cane-Doh**

**Tuesday, June 5 – August 28, 9:00am - 10:00am**

**Location: Town Meeting Hall, Auditorium**

**Instructor: Bob Worthington**

Low impact training on how to use a cane to defend yourself. Please bring your own cane (wooden preferred), wear comfortable, loose clothing, no open-toed shoes, sandals or finger rings. Limited supply of “short term loaner” canes will be available. Fees: \$30(R) \$36(N)

### **\*NEW\* Cardio Circuit for the Active Senior**

**Tuesday June 5 – August 28, 10:30 am – 11:30 am**

**Location: Town Meeting Hall**

**Instructor: Felicia Viera**

This is a circuit training class utilizing weight training and cardiovascular stations to tone and strengthen the body. Non-im-

## Registration Form – June/July/August

**Registration Dates: May 15 (Residents) May 16 (Open Registration)**

INSTRUCTIONS: To register, check the Register box next to each activity you would like to participate and print the name of the registrant (s). You will receive a receipt confirming your registration. R= residents fee; N= non-residents fee. Times listed for each Senior Sneaker trip are approximate and checklists will be emailed one week prior to date of trip with exact time.

*Refunds will not be given for trips with less than 10 business days' notice or if tickets have already been purchased.*

5 days' notice required for cancellation of class registration. A \$20 processing fee will be charged for check refunds; a \$5 processing fee for card refunds.

Register (X)	Participants Initials	SENIOR SNEAKER TRIPS	Date	Time (approximate)	Fee
		<b>Eugene O'Neill National Historic Site and Tao House</b> Activity Code: 16670	Friday June 29	9:45 am - 12:00 pm	Free
		<b>Explore Monterey Bay and Aquarium</b> Activity Code: 16672	Tuesday July 31	7:30 am - 6:30 pm	\$89 R \$106N
		<b>Les Misérables</b> Activity Code: 16673	Wednesday August 15	12:30 pm - 6:00 pm	\$140 R \$168 N
		<b>Potomac Cruise</b> Activity Code: 16674	Thursday August 16	9:00 am - 3:00 pm	\$120 R \$144 N
		<b>Phantom of the Opera*</b> Activity Code: 16677	Wednesday September 26	12:30 pm - 6:00 pm	\$140 R \$168 N
		<b>AdVANTures: Land of Medicine Buddha Walk</b> Activity Code: 16668	Monday June 11	9:30 am - 5:30 pm	\$60R \$72N
		<b>AdVANTures: Kayak Trip Sausalito</b> Activity Code: 16671	Friday July 20	7:45 am - 3:30 pm	\$125 R \$150 N
Register (X)	Participants Initials	SPECIAL EVENTS	Date	Time (approximate)	Fee
		<b>Senior Variety Show</b> Please visit <a href="http://www.villagetheatreshows.com">www.villagetheatreshows.com</a> for tickets.	Sunday June 3	1:00 pm - 3:00 pm	\$5
		<b>Senior Bocce BBQ</b> Activity Code: 16261	Monday July 2	10:00 am - 1:30 pm	\$8 R \$10 N
		<b>SRFD and Meals on Wheels</b> Activity Code: 15983	Thursday July 12	1:00 pm - 2:30 pm	\$4 R \$5 N
		<b>Wild West Dinner and Dance</b> Activity Code: 16636	Wednesday August 8	5:30 pm - 8:00 pm	\$15 R \$18 N
Register (X)	Participants Initials	BUZZ SESSIONS	Date	Time (approximate)	Fee
		<b>Overview and Benefits of Assisted Living</b> Activity Code: 16656	Tuesday June 5	10:00 am - 11:00 am	Free
		<b>Estate Planning for Yourself and Those You Love</b> Activity Code: 16657	Tuesday June 12	10:00 am - 11:00 am	Free
		<b>The Senior Lifestyle with Chiropractic</b> Activity Code: 16658	Tuesday June 19	10:00 am - 11:00 am	Free
		<b>Take Control of Your Driving Privileges</b> Activity Code: 16659	Tuesday June 26	10:00 am - 11:00 am	Free
		<b>Born on the Fourth of July - Film</b> Activity Code: 16660	Tuesday July 3	10:00 am - 12:30 am	Free
		<b>Five Wishes Sponsored by Brookdale</b> Activity Code: 16661	Tuesday July 10	10:00 am - 11:00 am	Free
		<b>How to Save Money on Prescription Drugs</b> Activity Code: 16662	Tuesday July 17	10:00 am - 11:00 am	Free
		<b>Living the Life of a Service Dog</b> Activity Code: 16663	Tuesday July 24	10:00 am - 11:00 am	Free

\*Trip occurs outside of June/July/August session, but will process registrations early to reserve seating in theater.

		<b>Photography Basics on Your iPhone</b> Activity Code: 16664	Tuesday July 31	10:00 am - 11:00 am	Free
		<b>That Elusive Thing Called Sleep</b> Activity Code: 16665	Tuesday August 7	10:00 am - 11:00 am	Free
		<b>History of the USS Potomac</b> Activity Code: 16666	Tuesday August 14	10:00 am - 11:00 am	Free
		<b>Developments in Combating Age-Related Cognition</b> Activity Code: 16667	Tuesday August 21	10:00 am - 11:00 am	Free
		<b>Aging, Nutrition and Malnutrition</b> Activity Code: 16679	Tuesday August 28	10:00 am - 11:00 am	Free
<b>Register (X)</b>	<b>Participants Initials</b>	<b>CLASSES</b>	<b>Date</b>	<b>Time (approximate)</b>	<b>Fee</b>
		<b>AARP Smart Driver Refresher Course</b> Activity Code: 14327	Thursday 7/19	9:00 am - 1:00 pm	See class info.
		<b>Acrylic Painting</b> Activity Code: 16170	Monday 8/13 - 8/27	10:00 am - 12:00 pm	\$60 R \$72 N
		<b>*New* Arthritis Exercise Program</b> Activity Code: 16409	Friday 6/15 - 8/31	10:30 am - 11:30 am	\$132 R \$158 N
		<b>Bocce - Senior (Tuesday)</b> Activity Code: 16648	Tuesday 6/12 - 8/14	9:30 am - 11:30 am	\$30 R \$36 N
		<b>Bocce - Senior (Wednesday)</b> Activity Code: 16649	Wednesday 6/13 - 8/15	9:30 am - 11:30am	\$30 R \$36 N
		<b>Bocce - Senior (Thursday)</b> Activity Code: 16650	Thursday 6/14 - 8/16	9:30 am - 11:30am	\$30 R \$36 N
		<b>Cane-Doh</b> Activity Code: 16174	Tuesday 6/5 - 8/28	9:00 am - 10:00 am	\$30 R \$36 N
		<b>*NEW* Cardio Circuit for Active Seniors</b> Activity Code: 16559	Tuesday 6/5 - 8/28	10:30 pm - 11:30 pm	\$108 R \$130 N
		<b>Cooking with James : Summertime Cookouts</b> Activity Code: 16601	Thursday 6/21	2:00 pm - 4:00 pm	\$10 R \$12 N
		<b>Cooking with James : August Heat and Salads</b> Activity Code: 16603	Thursday 8/16	2:00 pm - 4:00 pm	\$10 R \$12N
		<b>*New* Cooking for Two</b> Activity Code: 16414	Thursday 6/14	1:00 pm - 3:00 pm	\$55 R \$66 N
		<b>*New* Cooking for Two</b> Activity Code: 16415	Thursday 7/19	1:00 pm - 3:00 pm	\$55 R \$66 N
		<b>*New* Cooking for Two</b> Activity Code: 16416	Thursday 8/30	1:00 pm - 3:00 pm	\$55 R \$66 N
		<b>Dancercise</b> Activity Code: 16175	Wednesday 6/20 - 8/29	10:55 am - 11:50 am	\$30 R \$36 N
		<b>Feldenkrais® Awareness Through Movement</b> Activity Code: 16176	Tuesday 6/5 - 6/26	3:30 pm - 4:30 pm	\$60 R \$72 N
		<b>Feldenkrais® Awareness Through Movement</b> Activity Code: 16598	Tuesday 7/10 - 7/31	3:30 pm - 4:30 pm	\$60 R \$72 N
		<b>Gentle Stretch</b> Activity Code: 16178	Monday 6/4 - 8/27	2:30 pm - 3:30 pm	\$91 R \$109 N
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 16179	Friday 6/1	4:00 pm - 5:00 pm	Free
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 16180	Friday 7/6	4:00 pm - 5:00 pm	Free
		<b>Intergenerational Smart Phone &amp; Tablet Help</b> Activity Code: 16181	Friday 8/3	4:00 pm - 5:00 pm	Free
		<b>*New* Intro to American Tango</b> Activity code: 16593	Tuesday 7/17	12:30 pm - 1:30 pm	\$10 R \$12 N
		<b>*New* Intro to NC 2 Step</b> Activity Code: 16592	Tuesday 6/12	12:30 pm - 1:30 pm	\$10 R \$12 N
		<b>iPhone Basics</b> Activity Code: 16182	Monday 6/4 - 6/25	2:45 pm - 3:45 pm	\$5 R \$6 N
		<b>iPhone Basics</b> Activity Code: 16184	Tuesday 8/7 - 8/28	2:45 pm - 3:45 pm	\$5 R \$6 N



Register (X)	Participants Initials	CLASSES (Con't)	Date	Time (approximate)	Fee
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code:16185	Mon/Wed 6/18 - 8/29	5:30 pm - 6:30 pm	\$128 R \$154 N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 16186	Monday 6/18 - 8/27	5:30 pm - 6:30 pm	\$73 R \$88 N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 16187	Wednesday 6/20 - 8/29	5:30 pm - 6:30 pm	\$73 R \$88 N
		<b>Kamanawanaplaya Ukulele Club</b> Activity Code: 16188	Thursday 6/7 - 8/30	4:00 pm - 5:30 pm	\$30 R \$36 N
		<b>Line Dance (High Beginner)</b> Activity Code: 16190	Thursday 6/21 - 8/30	10:00 am - 11:00 am	\$33 R \$40 N
		<b>Line Dance (Easy Intermediate)</b> Activity Code: 16189	Thursday 6/21 - 8/30	11:15 am - 12:15 pm	\$33 R \$40 N
		<b>Luk Tung Kuen</b> Activity Code: 16191	Wednesday 6/6 - 8/29	10:00 am - 10:50 am	\$30 R \$36 N
		<b>Mat Pilates (Tuesday)</b> Activity Code: 16193	Tuesday 6/5 - 8/28	8:30 am - 9:30 am	\$96 R \$115 N
		<b>Mat Pilates (Thursday)</b> Activity Code: 16192	Thursday 6/7 - 8/30	8:30 am - 9:30 am	\$104 R \$125 N
		<b>A Matter of Balance</b> Activity Code: 16539	Tuesday 6/5 - 7/31	1:00 pm - 3:00 pm	\$16 R \$19 N
		<b>Peer Support Group</b> Activity Code: 16194	Monday 6/4	1:00 pm - 2:30 pm	Free
		<b>Peer Support Group</b> Activity Code: 16195	Monday 7/2	1:00 pm - 2:30 pm	Free
		<b>Peer Support Group</b> Activity Code: 16196	Monday 8/6	1:00 pm - 2:30 pm	Free
		<b>QiGong - Shibashi for Seniors</b> Activity Code: 16197	Wednesday 6/6 - 8/29	12:10 pm - 1:10 pm	\$30 R \$36 N
		<b>Senior Stretch</b> Activity Code: 16199	Friday 6/15-6/29	9:15 am - 10:15 am	\$24 R \$29 N
		<b>Senior Stretch</b> Activity Code: 16200	Friday 7/6 - 7/27	9:15 am - 10:15 am	\$32 R \$38 N
		<b>Senior Stretch</b> Activity Code: 16201	Friday 8/3 - 8/31	9:15 am - 10:15 am	\$40 R \$48 N
		<b>Strength and Tone</b> Activity Code: 16171	Thursday 6/21 - 6/28	4:00 pm - 5:00 pm	\$16 R \$20 N
		<b>Strength and Tone</b> Activity Code: 16172	Thursday 7/5 - 7/26	4:00 pm - 5:00 pm	\$32 R \$38 N
		<b>Strength and Tone</b> Activity Code: 16173	Thursday 8/2 - 8/30	4:00 pm - 5:00 pm	\$40 R \$48 N
		<b>Stretch and Strengthen</b> Activity Code: 16202	Wednesday 6/20 - 8/29	2:00 pm - 3:00 pm	\$72 R \$84 N
		<b>STEM Club</b> Activity Code: 16029	Tuesday 6/26	2:30 pm - 4:00 pm	Free
		<b>STEM Club</b> Activity Code: 16030	Tuesday 7/24	2:30 pm - 4:00 pm	Free
		<b>STEM Club</b> Activity Code: 16031	Tuesday 8/28	2:30 pm - 4:00 pm	Free
		<b>Tai Chi</b> Activity Code: 16203	Wednesday 6/6 - 8/29	9:00 am - 9:50 am	\$30 R \$36 N
		<b>T'ai Chi Chih &amp; QiGong</b> Activity Code: 16204	Tuesday 6/19 - 8/28	10:30 am - 11:30 am	\$30 R \$36 N
		<b>*NEW* Un-Hack Your Mind</b> Activity Code: 16432	Wednesday 7/11 - 8/15	3:30 pm - 5:00 pm	\$72 R \$84 N
		<b>Welcome to Medicare</b> Activity Code: 14524	Saturday 6/9	10:00 am - 12:30 pm	Free
		<b>Welcome to Medicare</b> Activity Code: 14525	Saturday 7/14	10:00 am - 12:30 pm	Free

		<b>Welcome to Medicare</b> Activity Code: 14526	Saturday 8/11	10:00 am - 12:30 pm	Free
		<b>Yoga - Monday</b> Activity Code: 16018	Monday 6/4 - 8/13	11:00 am - 12:15 pm	\$110 R \$132 N
		<b>Yoga - Monday</b> Activity Code: 16021	Monday 6/4 - 8/13	12:30 pm - 1:45 pm	\$110 R \$132 N
		<b>Yoga-Wednesday</b> Activity Code: 16024	Wednesday 6/6 - 8/15	8:15 am - 9:30 am	\$100 R \$120 N
		<b>Zumba</b> Activity Code: 16205	Monday 6/18 - 6/25	4:15 pm - 5:15 pm	\$16 R \$19 N
		<b>Zumba</b> Activity Code: 16207	Monday 7/2 - 7/30	4:15 pm - 5:15 pm	\$40 R \$48 N
		<b>Zumba</b> Activity Code: 16581	Monday 8/6 - 8/27	4:15 pm - 5:15 pm	\$32 R \$38 N
				<b>TOTAL FEES (from all pages)</b>	<b>\$</b>

**REGISTRATION INFORMATION**

**On-line Registration**

On-line registration for residents will begin at 8:30 am on Tuesday, May 15, 2018. You must already have your account set up.

**Mail or drop off your registration** form to the Danville Senior Center or the Danville Community Center. All resident registrations received by 5:00 pm will be processed beginning Wednesday, May 16, 2018 with no priority given. Open Registration will begin on Wednesday, May 16, 2018.

**If you wish to register by mail, complete the form and mail with payment to:**

**Danville Senior Center, Attn: Class Registrations**

**115 E. Prospect Avenue, Danville, CA 94526**

**Checks payable to: Town of Danville**

**PLEASE NOTE: EACH INDIVIDUAL MUST REGISTER SEPARATELY WITH AN EMAIL ADDRESS AND BIRTHDATE**

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address/City** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Credit Card No:** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

*Exercise Classes (continued)*

pact aerobics, core, and strength training exercise with the use of hand weights, resistant bands, and exercise balls, ending with a cool down. Chairs will be provided to offer support. Equipment needed: resistance band, light hand weights (optional), 7-9" exercise ball, mat (optional). No class 7/24. Fees: \$108(R) \$130(N)

**Feldenkrais Awareness through Movement**

**Tuesday, June 5 – June 26, 3:30pm - 4:30pm**

**Tuesday, July 10 – July 31, 3:30pm – 4:30pm**

**Location: Danville Senior Center, Community Hall**

**Instructor: Naffie Fischbacher**

This classroom application of the Feldenkrais Method uses gentle movement explorations to teach you to move with greater ease and efficiency. Regular students enjoy posture, improved breathing and coordination, as well as increased flexibility and grace in action. Wear comfortable, nonrestrictive clothing and bring a mat to lie down on. Fees: \$60(R) \$72(N)

**Gentle Stretch**

**Monday, June 4 – August 27, 2:30pm - 3:30pm**

**Location: Danville Senior Center, Community Hall**

**Instructor: Rosalyn Lee**

Treat the body to healthy stretching that elongates muscles, aligns joints and improves flexibility, balance and core condition. Bring a mat and a dish-sized towel. Classes on 6/4 and 6/11 will be held at the Town Meeting Hall. Fees: \$91(R) \$109(N)

**Jacki Sorenson's Aerobic Dance**

**Mon. and/or Wed. June 4 – August 29, 5:30pm - 6:30pm**

**Location: Danville Senior Center, Community Hall**

**Instructor: Lorie McGuinness**

Jacki Sorensen's Aerobic Dancing is a dance fitness class for the non-dancer that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format suitable for all ages and is suitable for active seniors. No class on 7/2, 7/4 and 2 other weeks TBD by instructor. Class on 8/8 will be at OHP. Mon OR Wed - \$80(R) \$96(N); Mon and Wed- \$135(R) \$162(N)

**Luk Tung Kuen**

**Wednesday, June 6 – August 29, 10:00am - 10:50am**

**Location: Danville Senior Center, Community Hall**

**Instructor: Chia Chia Chien**

This is a very popular worldwide exercise with 36 postures. Each posture has its own pattern, which is repeated 5-10 times. Class on 6/6 and 6/13 will be at the Town Meeting Hall.

No class 7/4. Fees: \$30(R) \$36(N)

**Tuesday Mat Pilates**

**Tuesday, June 5 – August 28, 8:30am - 9:30am**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Felicia Viera**

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring mat and small Pilates ball (Instructor will have balls available for \$8). No class 8/2. Fees: \$96(R) \$115(N)

**Thursday Mat Pilates**

**Thursday, June 7 – August 30, 8:30am - 9:30am**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Rosalyn Lee**

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring a mat, small Pilates ball, and resistance strap. (Instructor will provide props if you do not have them). Fees: \$104(R) \$125(N)

**Qigong-Shibashi for Seniors**

**Wednesday, June 6 – August 29, 12:10pm - 1:10pm**

**Location: Danville Senior Center, Community Hall**

**Instructor: Jim Donnelly**

Qigong (Chi Kung) is an ancient Chinese mild exercise system practiced for health maintenance, healing and increasing vitality. Qigong is an integration of physical postures, breathing techniques, and focused intentions. The gentle movements reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18-movement form of flowing Qigong that is easy to learn and practice. Wear comfortable clothing and comfortable shoes. Class on 6/6 and 6/13 at the Town Meeting Hall. No class 7/4. Fees: \$30(R) \$36(N)

**Senior Stretch**

**Fri. June 15 – June 29, 9:15am – 10:15am, Fees: \$24(R) \$29(N)**

**Friday, July 6 - July 27, 9:15am - 10:15am, Fees: \$32(R) \$38(N)**

**Fri. Aug. 3 – Aug. 31, 9:15am - 10:15am, Fees: \$40(R) \$48(N)**

**Location: Danville Senior Center, Community Hall**

**Instructor: Sylvia Rodriguez**

Stretching is the process of elongating the muscles, tendons and ligaments that connect the muscles and bones of the body, which is not only an important part of a physical fitness regimen, but also of living a healthy life. Bring a mat to class.

*Classes*

**Strength and Tone**

**Thur. June 21 – 28, 4:00 pm – 5:00 pm, Fees: \$16(R) \$19(N)**  
**Thurs. July 5 – 26, 4:00pm – 5:00pm, Fees: \$32(R) \$38(N)**  
**Thurs. August 2 – 30, 4:00pm – 5:00pm, Fees: \$40(R) \$48(N)**  
**Location: Danville Senior Center, Community Hall**  
**Instructor: Parandis Banifatemi**

This is a full body workout class which puts every muscle to work. You get a combination of balance, toning, strength and endurance with some aerobics in between. Students can use 2-3 lb and/or heavier 5-8 lb dumbbells. Class can be done with or without weights. No class on 6/8.

**Stretch and Strengthen**

**Wednesday, June 20 – August 29, 2:00pm - 3:00pm**  
**Location: Danville Senior Center, Community Hall**  
**Instructor: Felicia Viera**

Treat the body to healthy stretching and strengthening that elongates and tones muscles, aligns joints, and improves flexibility, balance and core conditioning. Bring a mat and a resistance band. This is a sit or stand class. Classes on 6/6 and 6/13 will be at the Town Meeting Hall. No class 7/4, 8/8. Make up classes on Mondays 2:30 – 3:30. Fees: \$72(R) \$84(N)

**Tai Chi**

**Wednesday, June 6 – August 29, 9:00am - 9:30am**  
**Location: Danville Community Center**  
**Instructors: Josie Fong & Cynthia Lau**

Learn a popular cultural exercise with body movement, balance control, muscle coordination and stretches. No class 7/4. Fees: \$30(R) \$36(N)

**T'ai Chi Chih & Qigong**

**Tuesday, June 19 – August 28, 10:30am - 11:30am**  
**Location: Danville Senior Center, Community Hall AB**  
**Instructor: Mary Case**

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate. Fees: \$30(R) \$36(N)

**Yoga**

**Mon. June 4 – Aug. 13, 11:00am - 12:15pm, Fees: \$110(R) \$132(N)**  
**Location: Danville Community Center, Valley Oak Room**  
**Mon. June 4 – Aug. 13, 12:30pm - 1:45pm, Fees: \$110(R) \$132(N)**  
**Location: Town Meeting Hall**  
**Wed. June 6 – Aug. 15, 8:15am - 9:30am, Fees: \$100(R) \$120(N)**  
**Location: Danville Senior Center, Community Hall**  
**Instructor: Marcia Conroy**

Basic foundations of yoga are taught in a gentle modified style. Focus includes stretching, weight-bearing poses, sequences of poses designed to improve heart rate, enhance mobile stability, and stress relief. Yoga mat required. Wear comfortable clothing. Class on 6/6 and 6/13 at the Town Meeting Hall. No class 7/4.

**Zumba**

**Mon., June 18 – June 25, 4:15pm - 5:15pm, Fees: \$16(R) \$19(N)**  
**Mon. July 2 – July 30, 4:15pm - 5:15pm, Fees: \$40(R) \$48(N)**  
**Mon. Aug. 6 – Aug. 27, 4:15pm - 5:15pm, Fees: \$32(R) \$38(N)**  
**Location: Danville Senior Center, Community Hall**  
**Instructor: Parandis Banifatemi**

Zumba is for EVERYONE! Zumba is a fun, joyful Latin-inspired fitness class that combines all the rhythms in Latin music. Come join the party!

*Health & Wellness Education  
Classes*

**A Matter of Balance**

**Tuesdays, June 5 – July 31, 1:00pm - 3:00pm**  
**Location: Danville Senior Center, Meeting Room**  
**Instructor: Jim Donnelly**

A Matter of Balance (MOB) is an evidence-based fall prevention program that focuses on overcoming the fear of falling and increasing physical activity through learning assertive behaviors, making the home safer, and following an exercise program designed to improve balance. The course includes 8 two-hour sessions taught by two trained coaches and covers many activities seniors face at home and in the community. Students must pre-register and attend all classes to complete the program. Class on 6/26, 7/24 will be in the Town Meeting Hall. Wear loose clothing and comfortable shoes. More information on the class available here: [www.ncoa.org/resources/program-summary-a-matter-of-balance](http://www.ncoa.org/resources/program-summary-a-matter-of-balance).

No Class 7/17. Fees: \$16(R) \$19(N)

**\*NEW\* Un-Hack Your Mind:****How Yogis Find Happiness in Today's World****Wed., July 11 – August 15, 3:30pm - 5:00pm****Location: Danville Senior Center, Meeting Room****Instructor: Leena St. Michael**

Physical practices are just one of eight limbs of classical yoga science. Learn the 10 keys to freeing the mind from habitual limiting thoughts, worry, fear, media talking points and insidious technological marketing ploys and aim for a life of true happiness, mental peace, creativity and clarity regardless of circumstances. The series supports long-time practitioners and those who have never taken a yoga or philosophy class. Backed by brain science, Un-hack Your Mind offers practice options, experiential learning and group dialogue in a light-hearted inclusive secular environment. Wear comfortable clothes and bring note-taking items. Additional \$6 materials fees due to instructor on first day of class. Class on August 8 will be in the Meeting Rooms at OHP. Fees: \$72(R) \$84(N)

*Games & Mind Enrichment Classes***ACBL Bridge****Friday, June 1 – August 31, 11:00am - 3:00pm****Location: Danville Senior Center, Room A****Instructor: Michael Gosnell**

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call Michael at (925) 683-1083 for available partners (not guaranteed). Fees: \$6/day(R) \$7/day(N). Online registration not available. No class on June 8.

**Game Day****Friday, June 1 – August 31, 11:00am – 2:00pm****Location: Danville Senior Center, Art Room**

Games, games, games galore at the Danville Senior Center. Play your favorite board games, cards, dominoes and poker (chips only). Bring your friends for a morning of fun. Registration not required. Free.

**Senior Bridge****Fridays, June 1 – August 31, 9:30am - 12:30pm****Location: Town Meeting Hall**

Call coordinators Flo Ahern at (925) 718-5468 or Bill Iles at (925) 216-1203 for reservations, or email williamiles@comcast.net. Experienced players only, please. Fees: \$2 per person, per day.

## RECREATIONAL SPORTS

**Senior Bocce****Tuesdays, June 12 – August 14, 9:30am - 11:30am****Wednesdays, June 13 – August 15, 9:30am – 11:30am****Thursdays, June 14 – August 16, 9:30am – 11:30am****Location: Sycamore Valley Park**

Volunteers will teach you everything you need to know. This recreational league is fun & beginner-friendly! Enjoy the beautiful courts and some friendly competition in a relaxed environment. Basic instruction will be given to all newcomers. Fees: \$30(R) \$36(N)

*Clubs/Groups***Danville Senior Book Club****Meets the 2nd Tuesday of each month, 10:30 am-12:00 pm****Location: Danville Senior Center, Art Room**

Join friends each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining and reading their own book and should read it prior to attending the discussion. Free.

## JUNE BOOK SELECTION

*A Tree Grows in Brooklyn***By: Betty Smith**

*The story of young, sensitive, and idealistic Francie Nolan and her bittersweet formative years in the slums of Williamsburg has enchanted and inspired millions of readers for more than sixty years. By turns overwhelming, sublime, heartbreaking, and uplifting, the daily experiences of the unforgettable Nolans are raw with honesty and tenderly threaded with family connectedness -- in a work of literary art that brilliantly captures a unique time and place as well as incredibly rich moments of universal experience.*

## JULY BOOK SELECTION

*The Cove***By: Ron Rash**

*Deep in the rugged Appalachians of North Carolina lies the cove, a dark, forbidding place where spirits and fetches wander, and even the light fears to travel. Or so the townfolk of Mars Hill believe - just as they know that Laurel Shelton, the lonely young woman who lives within its shadows, is a witch. Alone except for her brother, Hank, newly returned from the trenches of France, she aches for her life to begin. Then it happens - a stranger appears, carrying nothing but a beautiful silver flute and a note explaining that his name is Walter, he is mute, and is bound for New York. Laurel finds him in the woods, nearly stung to death by yellow jackets, and nurses him back to health. As the days pass, Walter slips easily into life in the cove and into Laurel's heart, bringing her the only real happiness she has ever known.*

Clubs (continued)

*But Walter harbors a secret that could destroy everything - and danger is closer than they know.*

## AUGUST BOOK SELECTION

*The Woman in Cabin 10*

**By: Ruth Ware**

*Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. The sky is clear, the waters calm, and the veneered, select guests jovial as the exclusive cruise ship, the Aurora, begins her voyage in the picturesque North Sea. At first, Lo's stay is nothing but pleasant: the cabins are plush, the dinner parties are sparkling, and the guests are elegant. But as the week wears on, frigid winds whip the deck, gray skies fall, and Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong.*

### Danville Senior Citizens Club

**Mondays, 9:00 am - 2:00 pm**

**Location: Danville Senior Center, Community Hall**

Mah-Jongg, and free drop-in bridge lessons available 9:00 a.m.-11:30 a.m. Bingo 11:30 a.m.-2:00 p.m. New members welcome. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268. Danville Senior Club will not meet on June 4 or June 11.

### Hiking Club

The Danville Area Senior Hikes (DASH) is open to adults ages 55 and up. Most hikes are not strenuous, but gradients are involved due to the local terrain. Distances are usually 4-5 miles, and the pace is moderate. Hikes are scheduled for the 2nd and 4th Wednesday of the month. Contact Senior Services at (925) 314-3430 or email [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov) to be added to the e-mail hike information list. Free.

### Kamanawanaplaya Ukulele Club

**Thursday, June 7 – August 30, 4:00pm - 5:30pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Jack Fraser**

Have fun singing and playing the ukulele! Players must provide their own ukulele. New participants will need to purchase The Daily Ukulele (yellow book) and the Daily Ukulele - Leap Year Edition (blue book). Fees: \$30(R) \$36(N)

### Peer Support Group

**Monday, June 4, July 2, August 6, 1:00pm - 2:30pm**

**Location: Danville Senior Center, Meeting Room**

**Facilitator: Susan B. Cohen, MFT**

Please come and join your peers as we explore and learn from each other's experiences regarding relevant and real issues we experience as we mature. This will be a peer-led facilitated group to help us to feel more connected and not as isolated. Participants are encouraged to listen to one another with an open heart. Tools for coping will be offered and confidentiality will be stressed. Free.

### STEM Club

**Meets 4th Tuesday of each month: June 26, July 24,**

**August 28, 2:30pm - 4:00pm**

**Location: Danville Senior Center, Meeting Room**

Come join us one afternoon a month when we get together at the Senior Center to dig into topics from the worlds of Science, Technology, Engineering, and Math (STEM). Recent meetings included presentations on such diverse topics as How Jet Engines Work, Electron Microscopy, Geology of San Ramon Valley, and Cell Biology. Club attendees are invited to present and lead discussion on topics of special interest or experience for them. Registration encouraged. For more information, please visit the following website: [mathandscience.org/DanvilleMathClub](http://mathandscience.org/DanvilleMathClub) or email Tom Bauer at [tbauer@mathandscience.org](mailto:tbauer@mathandscience.org). Free.

### Walk and Talk (Walking Club)

**Meets 1st and 3rd Wed. of each month, 9:30am - 10:30am**

**Location: Osage Park, Danville**

**Facilitator: Sharon Wilson**

Please join Sharon Wilson for some walking and talking! We will meet at Osage Park at 816 Brookside Drive. Bring water and a walking stick, if preferred. Free.

### Writing Group

**Friday, June 1 – August 31, 2018, 10:00am - 12:00pm**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Gordon Lindsay**

This group's purpose is to give participants a weekly schedule for writing and provide support by writing in the same room together. The group is based on the Shut Up and Write Groups throughout the Bay Area. We'll have approximately 10 minutes to chat about writing at the end of each session. We won't share aloud and there will be no writing exercises. Registration not required. Free.

## Local Community Resources and Information

*Community Resources (continued)***AARP Smart Driver Course (4-hour refresher course)****Thurs. July 19, 2018, 9:00am - 1:00pm****Location: Danville Community Center, Valley Oak Room****Instructor: Certified AARP Volunteer Instructor**

This four hour refresher course is designed for drivers 50 & older who have taken the complete eight-hour AARP Smart Driver course in the last three years. It covers physical changes & provides techniques to compensate for these changes. The course includes an auto insurance discount certificate. Instructor will collect checks made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Instructor cannot accept cash.

**Blood Pressure Screening****1st and 3rd Mondays, 10:00am - 11:00am****Location: Danville Senior Center, Conference Room****Facilitator: Kathleen Maxwell**

Seniors can drop in for a free blood-pressure screening. No appointment necessary. Free.

**HICAP Counseling for Medicare Beneficiaries & their Families****Wed. 8:45am-11:00am & 1:00pm - 4:00pm | Tues. 1:45pm - 4:00pm****Location: Danville Senior Center, Conference Room****Instructor: Contra Costa County Staff/HICAP Counselors**

HICAP provides free and objective counseling and advocacy services for Medicare enrollment as well as issues involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Free.

**Personal Counseling Services****Location: Danville Senior Center, Conference Room****Discovery Counseling Center, Dr. Fran Rapoport, PHD**

Dr. Fran Rapoport is available for individual and group counseling services. Confidentiality and privacy will be protected. A grant from the Chevron Corporation enables seniors to have initial sessions at no cost. For an appointment, call Dr. Fran (925) 837-0505, ext. 314.

**Welcome to Medicare Seminar****Saturday, June 9, July 14, August 11, 2018, 10:00am - 12:30pm****Location: Danville Senior Center, Community Hall C****Instructor: Contra Costa County Staff/HICAP Counselors**

A workshop for those new to Medicare. You will learn about Parts A, B, C & D and the benefits they offer. Learn ways to supplement Medicare using a Medigap or Medicare Advantage Plan and how to select a Part D Prescription Drug Plan. Extensive materials provided. Registration required. Please sign up for only one session. November 11 class will be held at the Town Meeting Hall. Free.

**Notary Public Services**

Call Mary Maki at 925-683-2835 for appointments. Free.

*Special Events***Senior Variety Show****Sunday, June 3, 2018 1:00pm - 3:00pm****Location: Village Theatre**

Danville seniors are full of a variety of talent – come see! This showcase of local, senior talent will take the stage at the Village Theatre. Prepare to be amazed! Light refreshments will be provided and wine will be on sale. Fees: \$5(R) \$6(N)

**Senior Bocce Summer BBQ****Monday, July 2, 2018, 10:00am - 1:30pm****Location: Sycamore Valley Park**

Never played before? Come on down. Play every season? Stop on by! This bocce bash includes the winning combination of all levels of bocce play, a tasty BBQ and the beautiful backdrop of Sycamore Valley Park. Grab a friend and pre-register for your chance to participate. Fees: \$8(R) \$10(N)

**San Ramon Fire Protection District & Meals on Wheels Senior Outreach Services Ice Cream Social****Thursday, July 12, 1:00pm - 2:30pm****Presenter: Joyce Castro****Location: Danville Senior Center**

San Ramon Valley Fire Protection District and Meals on Wheels Senior Outreach Services are offering a workshop for older adults on fire and fall prevention. Each year approximately 7,000 adults age 65 and older die as a result of falls, and an additional 1,000 pass away in their homes due to fires and burns. This program teaches older adults to protect themselves from fires and falls through trivia quizzes, humor, and interactive games. The focus is on fun, but the safety messages are very real. This presentation will be followed up with a tasty Ice Cream Social! Fees: \$4(R) \$5(N)

**Wild West Dinner & Dance****Wednesday, August 8, 2018 5:30pm - 8:00pm****Dress Code: Western Theme****Location: Danville Senior Center**

Don't miss out on the event of the summer! Join us for a night of Old Western fun. Enjoy an evening with an old fashion BBQ dinner, dance with Party Pro DJ and enjoy some old time fun games and activities such as poker, corn hole, jail house pictures and a few surprises throughout the evening. So grab a few friends or neighbors and come on down to our Wild West Dinner and Dance Event! Fees: \$15(R) \$18(N)



Town of Danville  
 Senior Services  
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 Danville, CA 94526

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*Visit the Town of Danville Online: [WWW.DANVILLE.CA.GOV](http://WWW.DANVILLE.CA.GOV)*  
**DANVILLE SENIOR SERVICES (925) 314 - 3430**  
**STAY UP TO DATE WITH THE TOWN! LIKE US ON FACEBOOK!** 

**Registration: May 15 (Residents); May 16 (Open Registration)**

View or download the Silver Streak online at [www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors) or view a copy at any Town Office location. You can also register for all activities at [www.danvillerecguide.com](http://www.danvillerecguide.com). If you would like to learn how to register online, please contact the Danville Senior Center to set up an appointment. One of our staff members will assist you.

**Silver Screen  
 Movies**

**Location:**  
 Village Theatre

**Movie Dates:** 6/1, 6/22,  
 7/13, 7/27, 8/10, 8/17

FREE

**Movies are shown  
 Fridays at 1:45 p.m.**

Please contact  
 Senior Services at  
 (925) 314-3430  
 to get a list of  
 scheduled movies.

*Registration is not required.*

**Screening Room Movie Series**

Movies are shown on non-Silver Screen Fridays  
 at the Danville Senior Center Community Hall C at 1:45 pm.  
 Check in for special themes or series or “grandchild-friendly” movies.

FREE. Registration not required.

**Movies Dates:** 6/8, 6/15, 6/29, 7/6, 7/20, 8/3, 8/24, 8/31

**In the Next Issue of the Silver Streak...**

- *Oakland Zoo Trip with the Grandkids!*
- *Annual Fleet Week Cruise on the Bay*
- *Holiday Luncheon Information*

**FOR MORE INFORMATION, PLEASE VISIT [WWW.DANVILLE.CA.GOV/SENIORS](http://WWW.DANVILLE.CA.GOV/SENIORS)**

